Body Care and the Garden

A High School classroom has been set up to take appointments for beauty treatments. They offer hairdressing, hand care and massage. A dedicated garden bed has been built on the green to grow plants that can be used in the beauty treatments. Products are made by students within the school using the produce from the garden. The wonderful produce from the garden can be used to nourish our skin as well as our palette.

Students will also be responsible for preparing the glass jars for storing their homemade products in.

Week 1: Preparing and decorating jars to store products – (soak jars to remove any labels, dry each jar. Students can decorate the jars by painting the lids, adding ribbons or making labels for the products).

Week 2: Refreshing Orange scrub (Needed: oranges and cornmeal – see attached recipe)

Week 3: Cucumber – Honey toner (Needed: Cucumber and honey – see attached recipe)

Week 4: Thyme and Fennel seed cleanser (Needed: thyme, fennel seeds, water, lemon – see attached recipe)

Week 5: Lavender Hand and Foot Wash (Needed: Lavender, sage, water, lavender oil – see attached recipe)

Week 6: Cucumber Hair Drench (Needed: egg, olive oil, cucumber – see attached recipe)

Week 7: Strawberry Hand and Foot Exfoliant (Needed: strawberries, olive oil, coarse salt – see attached recipe)

Week 8: Coconut hand cream (Needed: Coconut and sugar – see attached recipe)

Additional Recipes if Required:

Lemon Mint Elbow Bleach (Needed: mint water, lemon – see attached recipe)

Cardamom Body scrub (Needed: brown sugar, orange rind, lime rind, water and cardamom oil – see attached recipe)

Cinnamon and Ginger Bath Salts (Needed: sea salt, cinnamon, ginger and orange essential oil – see attached recipe)

**How to Make Hands Look Young with Coconut Oil**

Oil from the coconut makes an intensive skin moisturizer. One way to care for your hands is to moisturize them with coconut oil. Studies of coconut oil have shown that it improves the skin's condition, according to New York University. After hard work out in the garden our hands need some tlc.

Things You'll Need

Coconut oil

Sugar

Spoon

Bowl

Airtight jar

Towel

Instructions

1. Place the jar of coconut oil in the microwave. Heat the jar in 10- to 15-second increments until the oil liquefies. Or place the bottle in a bowl of boiling water till the oil melts.

2. Combine one cup of white or brown sugar with 1/4-cup coconut oil in a bowl. Stir the mixture with a spoon until well combined. Store the leftover mix in an airtight container, such as a Mason jar.

3. Rub a small amount of the coconut oil and sugar mixture on your hands three times each week. This gentle exfoliation will slough off dead skin and help keep your hands looking young.

4. Wash the sugar mixture off your hands. Pat dry.

5. Take a dab of coconut oil from the jar and rub it into your hands. Continue rubbing until your hands absorb the oil.

Ginger has a long shelf life if you keep it in a cool, dark place. But it won’t last forever–it will start to shrivel after a while, and it will start to lose its “flavor” both literally and the substances within it that are effective for natural remedies and beauty treatments. One way to keep it fresh almost indefinitely is to peel it and cover it with a quality alcohol. Completely submerge the piece (or pieces) of ginger, and you can use it as needed. As a bonus–the vodka will become infused with the ginger flavor! Mix it up every so often, and in a month or so you’ll have a surprisingly delicious flavored vodka.

But on to the beauty treatments…

[](http://a1.yeahtips.com/wp-content/uploads/ginger-body-scrub.jpeg)

if you have scars that are considerably lighter that your skin ( hypo-pigmented scars) ginger will literally work wonders. Slice a little off the peeled ginger and rub the juice on the scar, twice a day, every day. Don’t wash it off–it will be a little sticky. You will notice an improvement in a few weeks.

Ginger’s invigorating and spicy scent makes it a wonderful addition to body salts and scrubs. When you want a little pick-me-up try this lemon-ginger body scrub. You’ll need: 1/2 cup organic sugar  (“sugar in the raw”), 1/4 cup olive oil, 2 tsp freshly grated, peeled ginger, and the zest from one large  lemon. Combine all ingredients in a small bowl and stir well. In the shower or bath, scrub your body lightly with the mixture and then rinse.

Another ginger treat is bath salts made with ginger. You can make bath salts with so many different ingredients, but this cinnamon/ginger version is a delight!

[](http://a1.yeahtips.com/wp-content/uploads/ginger-bath-salts.jpeg)

You’ll need: 1/4 cup coarsely ground sea salt , 3 tsp peeled, finely ground or grated ginger, 1/2 tsp ground cinnamon ( or 5 drops of cinnamon essential oil) , and 5 drops sweet orange essential oil.

Combine all ingredients in a small container and stir well. Add to a hot bath, and swish around a bit before getting in. Soak for 15-20 minutes. The smell is heavenly!

Those are just two wonderful recipes that you can make using fresh ginger–it’s so versatile..for cooking, natural remedies and even beauty and bath treatments!

**How to Make Brown Sugar and Cardamom Body Scrub**

Brown sugar and cardamom body scrub is an all-natural exfoliant that will leave your skin looking revived, refreshed and radiant. While there are many natural body scrubs on the market, making your own is a cost-effective alternative that allows you to tailor the product to your needs and preferences. This recipe is best used by those with oily skin, as the citrus rind may be too drying for people with extremely dry or damaged skin.

**Things You'll Need**

* 8 tbsp. brown sugar
* 1 tsp. orange rind
* 1 tsp. lime rind
* 2 tsp. rose flower water
* Food processor
* Medium mixing bowl
* 8 drops cardamom essential oil
* Wooden spoon or disposable stirrer

**Instructions**

* + 1

Combine the brown sugar, orange rind, lime rind and rose flower water in a food processor. Process on high speed for 30 to 45 seconds or until the mixture becomes a fine powder. Transfer the contents of the food processor to a medium mixing bowl.

* + 2

Add the cardamom essential oil to the mixing bowl and stir to combine with a wooden spoon or disposable stirrer. Cover the mixing bowl with plastic wrap and let it stand at room temperature for one to two hours.

* + 3

Transfer the mixture to a small, wide-mouthed glass jar. Store the brown sugar and cardamom body scrub in the refrigerator until ready to use.